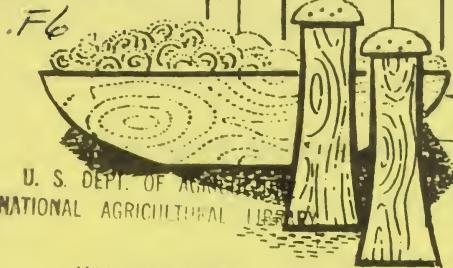


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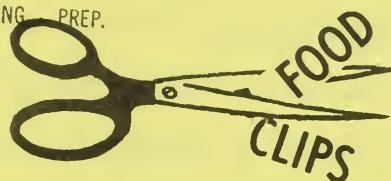
JUN 26 1973

Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

February 5, 1973

CATALOGING PREP.



Cakes with a seven minute frosting or boiled frosting should not be frozen according to USDA home economists because they tend to break down and become sticky.

* * *

Fruitcake left-over from the holidays? They keep well for at least one year in the freezer, according to USDA.

* * *

Store maple creme in the refrigerator or freezer; store maple sugar at room temperature in a dry place.

* * *

Honey, the sweetest tasting of all sweets, contains some fructose, which is one-fifth sweeter than granulated sugar, reports USDA.

* * *

What is "unsulphured" molasses? Some manufacturers make "unsulphured" molasses by concentrating the juice of sugarcane without the intention of making sugar.

* * *

Jams and jellies made with artificial sweetener (it tells on the label) must be refrigerated after opening.

* * *

SOFT DRINK FORTIFICATION

---and Cheese Whey

The estimated amount of recoverable protein in the cottage cheese whey wasted annually in the United States is about 43 million pounds, according to statistics compiled by Statistical Research Service of the U.S. Department of Agriculture. What could or should be done with this so-called "waste"?

The acid cheese whey, a by-product of cottage cheese manufacturers, now wasted, produces serious pollution in some areas. Proteins isolated from cheese whey have unique functional properties which make them suitable for the fortification of carbonated beverages. A fortification program of this type could yield benefits to soft drink consumers and cheese manufacturers.

When the volume of soft drinks manufactured in the United States considered along with the potential amount of acid whey protein available (and its projected price), calculations show that 12% of the total soft drink production could be fortified with 1% protein by weight at an added materials cost of about 3/4ths of a cent per 8 oz. bottle. Fortification at this level would significantly increase the nutritional value of soft drinks.

NUTRITIVE VALUE

---of "Organically-Grown" Foods

There is no proven, substantiated basis for claiming that plants grown with only organic fertilizer have a greater nutrient content than those grown by conventional methods. Type of fertilizer used is not a determining factor in the nutritive value of the plant, according to Ruth Leverton, Science Advisor, Agricultural Research Service, U.S. Department of Agriculture.

The nutrient content of a plant is based on its genetic nature--the genes in a carrot cause it to develop a relatively large amount of vitamin A value--just as the genes in an orange are responsible for its high vitamin C content. Climate (including the amount of light), together with kind and amount of nutrient material available to the plant for growth, and the stage of maturity when the plant is harvested are the other chief factors involved.

How is nutrient material absorbed by the plant? It must be in the inorganic form--this means that organic fertilizer must be broken down into its inorganic components before the elements are absorbed. Most of the nutrients present, except for the mineral elements, are synthesized in the plant rather than being absorbed from the soil in the preformed state.

How is the nutritive value of fresh vegetables and fruits maintained and preserved from the time that they are harvested until they are marketed and then until they are consumed? It requires great care--maintaining "freshness" is the key to maintaining nutritive value. But maintaining freshness, including the desirable flavor which it connotes, has nothing to do with the manner in which the vegetables or fruits are fertilized and grown. Freshness depends on the manner and time of harvesting--control of such factors as temperature and humidity, packaging, speed of transportation, and therefore the handling at the wholesale and retail levels, and in the home.

Whole grains over refined counterparts--the nutritive superiority of most whole grains over their more refined counterparts--whole wheat flour vs. white flour--is well recognized. This superiority, however, is in no way related to the type of fertilizer used or the use of pesticides or additives. The process of refining removes some of the nutrients in varying degrees, especially the B vitamins, iron, and trace minerals. Often products are "enriched" by adding certain purified B vitamins and iron. This is not done, however, for the trace minerals and vitamin E lost in the refining.

Increased use of cereals in the whole grain form is commendable. It can be promoted on the basis of increased nutritive value but not related to fertilizer and processing methods.

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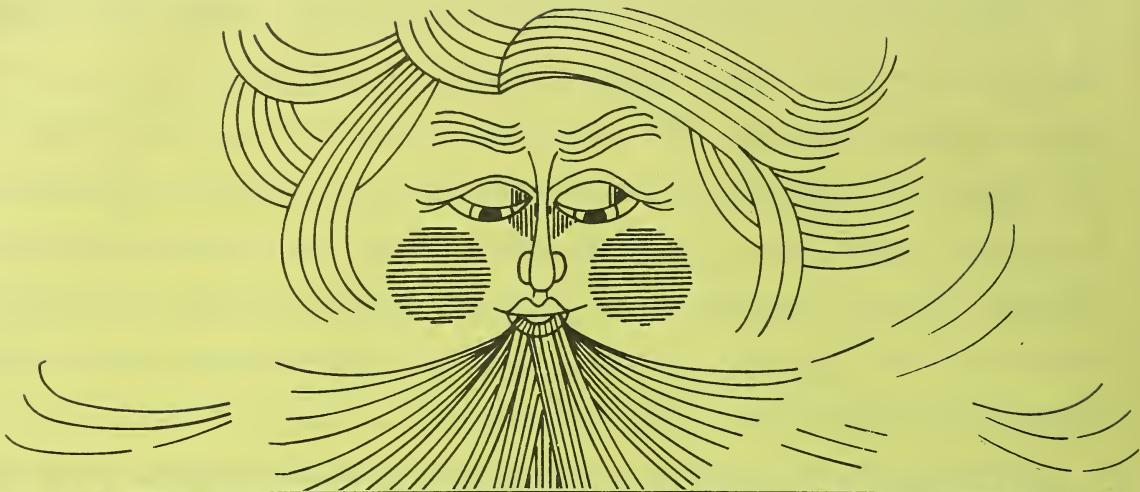
READ ON

---- The New Common Market

(available to the Press Only)

"The New Common Market: What It Means to the U.S. Farmer", is the title of an article which analyzes the trade impact on U.S. agriculture of the addition of Britain, Denmark, and Ireland to the original six members of the European Community. U.S. exports likely to be most affected are tobacco, grains, lard, and fresh and canned fruits.

The article was prepared by the Economic Research Service of the U.S. Department of Agriculture to mark the "single most important event so far in the history of the European Community." Single copies of the article may be obtained by writing to the Editor of Food and Home Notes.



MARCH 1973 PLENTIFUL FOODS



PEANUTS AND PEANUT PRODUCTS TURKEY — DRY BEANS

PEANUT SOUP

1/4 cup butter or margarine
1 cup thinly sliced celery
1 medium onion, finely chopped
2 tablespoons flour
2 quarts chicken stock or broth
1 cup creamy peanut butter
1 cup light cream

Production of peanuts in the 1972-73 crop year is estimated to be 1,643,000 tons. This is an all-time high, topping last year's record crop by about ten percent.

Melt butter or margarine in a large saucepan, over low heat. Stir in celery and onion, and cook until they are tender, but not browned. Add the flour and stir until mixture is thickened and smooth. Add the chicken stock or broth slowly. Bring to a boil. Blend in peanut butter and simmer about 15 minutes. Stir in cream just before serving. Serves 8.

COMMENTS & INQUIRIES TO:

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